

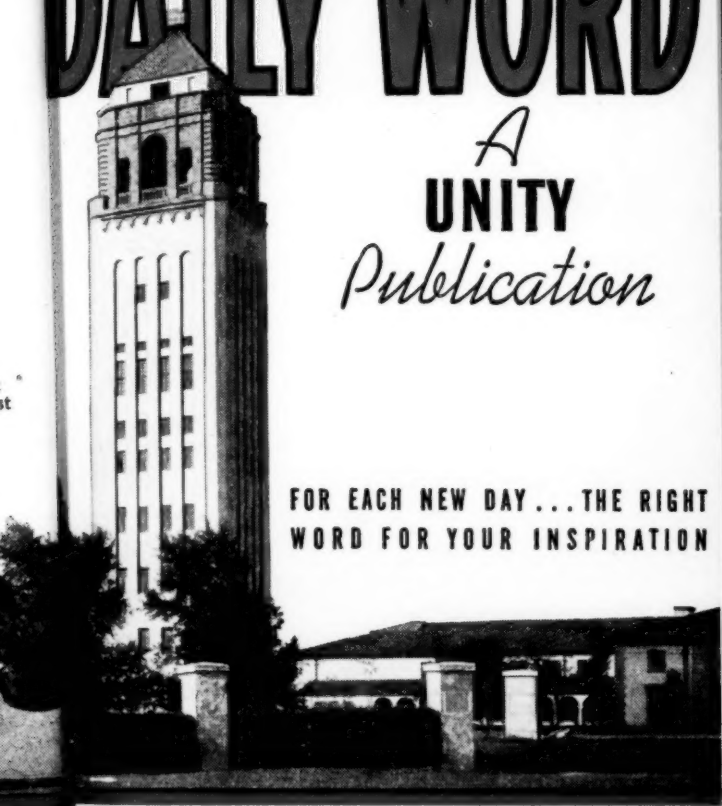
FEBRUARY 1941

15 CENTS

DAILY WORD

A
UNITY
Publication

FOR EACH NEW DAY...THE RIGHT
WORD FOR YOUR INSPIRATION



Class Thoughts

January 20 to February 19

Daily at 11 a. m. join us in this thought for spiritual illumination:

The Spirit of truth sings a new song in my heart.

At high noon each day concentrate your attention on this thought for prosperity:

All-Providing Good renews daily its spiritual substance, and abundance is manifest in me and my affairs.

At 9 p. m. each night let us acknowledge the healing power of Spirit with this prayer:

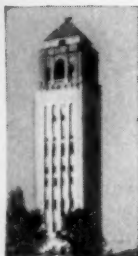
A new consciousness of Spirit wholeness fills my mind and overflows into my body.

DAILY WORD is nonsectarian, published monthly by the Unity School of Christianity. Single copies may be obtained at Unity libraries and newstands at 15 cents. Subscription, \$1 a year. Braille subscriptions are sent free to the blind who are familiar with Grade 1½. These gifts are made possible by love offerings.

We also publish *Good Business*, *Progress*, *Wee Wisdom*, *Unity*, *Weekly Unity*, and *Unity Sunday School Leaflet* at \$1 a year each.

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DAILY WORD

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No. 2

EDITED UNDER THE SUPERVISION OF SILENT UNITY

Stately and tall, as pictured on the cover of DAILY WORD, the Unity Campanile or Prayer Tower directs the traveler to Unity Farm near Kansas City. Even so this little magazine daily directs your steps to the sun-tipped heights in whose glory you behold yourself as a son of God; for such you are.

THE CONQUEROR OF ME

D. C. RENNAHAN

Upward I climb to sun-tipped heights;
For who shall say me nay?
What force can thwart my urge to do?
What power can bid me stay?

I am not vassal to a king
Nor serf of low degree:
I am the master of myself,
The conqueror of me.

Within my inner being lies
All that I need to use
To make of me a conqueror,
To make me what I choose.

The Pattern for Lent

ROLAND G. R. REXROTH

IN THE heart of every man there is an insistent divine urge to "Arise and walk" "in newness of life." The Spirit indwelling in us is bidding us cast off the shackles of materiality and through self-purification gain a new and deeper realization of God. Our goal is Christhood, and the way of attainment is that revealed by Jesus the Christ in His life and teachings.

Every one of us is a potential Christ. Every one of us is seeking the kingdom of God. Every one of us can and will manifest our divine nature in greater and greater degree until we, like Jesus Christ, make the final overcoming and realize complete unity with God, our Father and Creator.

Let us begin now consciously to develop our divine attributes, to call forth into full expression the divine powers that are innate within us. During the coming Lenten season, when the thought of a great part of the Christian world is turned toward spiritual matters, we have an especially timely opportunity to do this. Let us then at this season prepare ourselves in mind and heart to "put on Christ."

Spiritual leaders of every age have taught that a period of mental and physical preparation must precede spiritual realization. In the ancient Egyptian and Greek "mysteries," for example, neophytes were required to undergo rigorous physical and mental training before they were permitted to have communicated to them certain secrets of self-mastery. This training included fasting, both physical and mental discipline, self-denial, resistance to temptations, and exercise of the higher powers of the mind.

Many Christians have for centuries observed Lent, a forty-day period of prayer and fasting immediately preceding Easter, which commemorates the resurrection of Jesus Christ. Tradition associates with Lent the idea of sorrow and suffering, of penitence and denial, prefatory to the commemoration of the Crucifixion and the death of Jesus on the cross.

Because so much importance is attached to the Crucifixion we are likely to overlook the fact that the high point of Christianity is not the Crucifixion but the Resurrection. Not Christ crucified but Christ resurrected is the glorious thought that gladdens and inspires every follower of His.

As Truth students, we know that every great spiritual work requires a period of preparation. Moses fasted forty days before he received the

Ten Commandments; Elijah fasted forty days before he talked with God on Mount Horeb; Jesus fasted forty days in the wilderness before He became wholly at one with the Christ Spirit and began His great spiritual ministry. We are told that during this time He tested Himself; He met and overcame every temptation to use His spiritual power for personal gain. From this period of prayer He came forth strengthened and charged with power from on high, the Light of the World, the greatest spiritual teacher of all time.

Here then is the pattern for us to follow. During Lent let us not sorrow overmuch for a dead Christ. Rather let us observe the forty days as a period of prayer and meditation as He, the living Word, did—in preparation for a great influx of spiritual power. Let it be a period of rest and retreat for the cleansing of our soul, and a season of preparation for our soul's Eastertide, a coming forth, a rising into a new and higher spiritual life.

During Lent let us cast off all hindering ideas so that we may make room for the new spiritual illumination and realization that we are to receive. Let us be constant in prayer, affirming our readiness to be cleansed and renewed, quickened and strengthened by the living Spirit of God. If there be outward rites and ceremonies for us to observe, let us observe them with a glad heart,

knowing that they are symbolical of the inner cleansing we are to undergo and the spiritual renewal that is to be ours.

As we meditate upon the things of the Spirit, we shall receive the spiritual renewal, the inner strengthening and soul quickening, the joyous release that we seek, and by virtue of this spiritual preparation come forth into triumphant new life, even as did Jesus Christ.

Truth Overseas

During recent months friends have been contributing to a fund for the purpose of providing literature for persons in the European war zone who find it temporarily difficult to order or renew their Unity subscriptions.

We have been aided immeasurably by these contributions, and we plan as long as necessary to continue sending our publications to these persons. We are constantly filling requests for literature, but we shall be glad to have more opportunities to help in this way. If you know of persons in Europe to whom Unity literature would be helpful, forward their names and addresses to us and we shall be glad to enter a year's subscription for them. Orders or contributions may be addressed to Unity School of Christianity, 917 Tracy, K. C., Mo.

I Am Made Clean

BERTHA M. RUSSELL

What virtue have earth's waters that have sprung
From its deep heated caverns if my tongue
Be not made clean from words unwisely said,
And if my heart still holds a fear or dread?
Cleanse me from secret faults the world sees not
And let my consciousness contain no blot
Of false belief or sin. Lord, make me clean.

Why should I wash in waters blessed at shrines
If I have thoughts that dwell on those designs
Of selfishness, or greed, or fears that steal
The Truth and life, the powers that bless and heal?
Oh, cleanse me, Lord, from error thoughts like
these;
Then I shall be immune from all disease,
From all unlike Thyself. Lord, make me clean!

I do not wait for angels to descend
Upon a pool Thine healing grace to lend:
I seek Thy cleansing presence in my heart,
Where love's pure fountain is; and there I start
Discarding the negations I have worn
To put on robes of Truth, as one newborn,
In Christed birth. And Thou dost make me clean!

Finding the True God

IN WAYS innumerable we have been seeking for God through the ages. We have sought Him in this church and in that church, expecting Him to be revealed to us in some mysterious way by the minister. But Jesus Christ said to us, "Neither shall they say, Lo, here! or, There! for lo, the kingdom of God is within you." And so we must seek Him within ourselves.

We can seek God as wisdom, as supreme power, as undeviating law, as never-failing principle, but first let us recognize Him as a God of love enthroned in our own heart. We shall then know that there is nothing to fear in His law. His love is just and forgiving. There is nothing to fear in His absolute power, for He is also absolute love. He is the changeless principle of love that is always good. He is not a God of impulses who sometimes wills good and sometimes wills evil for His children.

Can you think of a God of love as one who would will sickness, poverty, and even death upon His children in the face of this teaching: "For God so loved the world, that he gave his only begotten Son, that whosoever believeth on him should not perish, but have eternal life"?

Let us not abide in hard man-made conditions, imagining that God so wills it. Let us rise out of this error belief. Never does the God of love will for us anything but what He is Himself: absolute perfection, perfection not only in our spiritual nature but perfection expressed in our body and radiated in our affairs.

When the love of God takes possession of your heart, all resentment, all enmity, all thoughts of injustice disappear. You find the love of God shining into the dark corners, cleansing, brightening, and purifying all that is unlike Him. His love wipes out the mistakes of the past and gives a new day filled with innumerable blessings.

Love is the supreme gift to man, and you cannot mistake its Christlike quality when it comes into your consciousness. It gives instead of taking for itself. It looses those who have been held in personal bondage. It frees; it forgives; it heals.

When you touch the love of God in your heart, you find yourselves wanting to do something to bless and help others, even as Jesus Christ blessed and helped. The more you give out of this wonderful gift which is yours, the more comes back to you of heavenly blessings. You find peace, happiness, health, harmony, and prosperity, for you have found the real source of that which satisfies.

—Clara May Rowland.

Behind Prison Walls

Recently we received from an enthusiastic Truth student in the West a letter the very zest of which prompts us to share it with you:

I have been in prison four years.

While I was in jail, awaiting trial, a woman came to see me and introduced herself as a worker for Unity School of Christianity. I braced myself for the customary flood of hell-fire and brimstone, requests to get down on my prayer bones while she wept and prayed for me, and then the unusual bombardment of printed tracts and testimonials. These never came!

Instead this woman (I'll call her Mrs. B——) talked quietly of ordinary things, of my physical comfort, and came twice each week to see me. When the day came for my trial she was right in the front seat, not as a morbid curiosity seeker but as the moral support I needed so much.

After a while she sent me a copy of *Lessons in Truth*. Soon it was I who was asking questions instead of Mrs. B——. She taught me the difference between preaching a religion and living a religion. Not once during the long months I was in jail did she try to force any of her beliefs on me. She would just say: "It's fun to live Truth. Don't follow the teachings because I asked you to—but sometime you might try it out and see if you aren't happier." That was the first and last sermon she ever gave me.

I have been in prison nearly four years now. While I can't truthfully say that I would just as soon be here

as outside, I can say that I have learned what it means to have inner freedom, a quality that makes the prospects of the future bearable instead of maddening.

Several times Mrs. B—— has made the long trip here from her home (four hundred miles) to visit me and other fellows she has helped. She writes some ten or fifteen letters each week to us. There are fifty-six fellows here besides myself who have become interested in the Unity teachings, not as a gesture to please Mrs. B—— but as a sincere effort to learn a philosophy that will help us to overcome the causes that have put us all where we are today.

For years Mrs. B—— has made it her job to help fellows like myself, who are up to their ears in trouble. If her "help" consisted of the conventional county-jail soap-box oratory I would not waste paper to write about her. But because she practices her religion instead of preaching it, she has won the love and respect and admiration of some fifty or sixty veteran sinners to whom anything religious was once repulsive.—R. M. G.

ONE WAY TO HELP

Unity School is a member of the American Prison Association and maintains a department known as Silent-70, part of its work being to supply books and magazines for the use of the prisoner, teaching him the laws of life. These books must receive the chaplain's approval. In many cases, in compliance with the law, the books cannot be sent through an individual but must be sent through a publishing house.

Especially helpful, they tell us, are *Lessons in Truth, Weekly Unity, and Daily Word*. Through Unity literature many of the prisoners make contact with Silent Unity and receive its prayers that they may become useful citizens. They are unable to pay for the literature or contribute to the support of Silent Unity. We therefore have to depend upon those who believe that this is a good work and contribute to it. If you feel that you would like to do your part in reclaiming some prisoner to a useful life, your offering for this cause will be gladly accepted. You may state for what piece of literature you wish your offering used.

With God

JAMES A. BRADY

Alone I walked with God today.

He told me what to do;

As I looked up He seemed to say,

"Be kind, be just, be true!"

I came back from that walk with God

To do good works for men;

And lo! in this new path I trod

I walked with God again!

A Psalm of Love

BERNICE MINTER

All praise to Thee, O Lord, for
Love that Thou hast given to the
World! Great is Thy love, O mighty
One, and great Thy loving-kindness
In the earth! Thy love to us is like
A swift-winged dove, or summer
Breeze unfurled, so free it flows
To us from Thee who gave it birth.

Thou hast not left us comfortless,
Self-willed, and greedy and soul
Desolate; but in the quietness
Of night, in still white hush of
Dawn, Thy Spirit breathed on us
Hath healed us of all fear and hate
And laid our spirit bare and
Clean and pure as fresh cool water
From the earth new drawn.

Nought hast Thou left within us
That dishonors Thee or man or Thy
Most holy Son; but love that heals
All wounds and binds the hearts of
Men in perfect unity. Great is Thine
Healing balm of love, O Lord,
That floods us now and makes us one.
O God our God, how manifold Thy love
For us, how full our love for Thee!

FEBRUARY 1

Saturday

THE PRESENCE OF THE SPIRIT OF CHRIST IN
ME REGENERATES AND SPIRITUALIZES MY
BODY.

THE STUDY of the teachings of Jesus Christ in the light of Truth brings to us a new conception of the body. We view it in a new and more intelligent light. We think of it as the temple of the Christ within us. We endeavor to purify it and to make it healthy by keeping disease thoughts out of our mind. We regenerate the body through knowing that it is the temple of Christ and that through His presence it is being transformed into the perfect body of Christ.

We redeem our body from adverse thinking by keeping spiritual thoughts in mind. We cause our spiritual body to become visible only by keeping in our mind its spiritual aspect.

Think often of your body as the temple of Christ. Let no adverse thought into it through the gateway of your mind. Know that the presence of the Spirit of Christ in you guides and directs your thoughts and regenerates, redeems, and spiritualizes your body.

✱ *He spake of the temple of his body.*—JOHN 2:21.

Sunday

FEBRUARY 2

I FEEL THY PRESENCE, LORD, FILLING ME
WITH PEACE, CALM, AND SWEET TRUST IN
THEE.

START YOUR day with this prayer. Feel the presence of God soothing, harmonizing, and calming all your unrest, your anxieties, and your fears. Has not God in His love taken care of you from the beginning of time? Is His power any less today than it has always been?

It is uplifting to our soul and strengthening to our body to think about the nearness of God. He is around, beneath, within us as the very essence of our life. Through our turning to Him in prayer He will reveal Himself to us.

God is just as close to you as He has ever been, and there have been times when you have felt His presence very, very near. Try, as you repeat the prayer, to feel His presence. As you say, "I feel Thy presence, Lord," a warm feeling will steal over you, and you will find yourself secure. You will realize what it means to say, "Underneath are the everlasting arms."

* *My presence shall go with thee, and I will give thee rest.*—EXOD. 33:14.

* On
bind,
before
high

FEBRUARY 3

Monday

LEAVING THE PAST BEHIND ME, I GO FORWARD THIS DAY WITH GOD AS MY PARTNER.

START TODAY to go forward realizing that God is your ever-present partner. Then no matter what you do, you cannot help but be successful in your undertaking. Take God into your confidence, for He will help you master every situation.

As seeming problems come to you, face them squarely, knowing that you have the God-given ability to conquer them. Turn not aside nor have any doubt or fear concerning them, but instead know that with the aid of your partner, God, you are able to adjust any situation, not only for your own benefit but for the benefit of all concerned.

Thinking no longer of that which is behind increases your ability to handle that which is before you this day. The past cannot be recalled or the future brought any nearer. Today is the day to express your Christ self, your real self, in all of your activities.

✦ *One thing I do, forgetting the things which are behind, and stretching forward to the things which are before, I press on toward the goal unto the prize of the high calling of God in Christ Jesus.—PHIL. 3:13, 14.*

Tuesday

FEBRUARY 4

MY WORLD IS A WORLD OF JOY, AND
NOUGHT BUT JOY CAN BE EXPRESSED IN ME
AND THROUGH ME.

CEAUSE TO think of sorrow and depression as yours or as something identified with you. Do not let your joy be limited by your thoughts of depression. Do not accept the belief that depression can cause you to be cast down.

Live in the world of Truth and Spirit, the world in which Truth reigns supreme, the world in which there is no sorrow. God as joy now fills His world, our world, with His presence, the presence of joy. We have but to lift our thoughts away from sorrow to sense His joy.

Think of sorrow as entirely mental and as something that ceases to exist when the mind changes to joy. The person most engrossed in sorrow becomes joyful when he releases his hold upon the thought of depression.

Man by nature should be joyful. He should be happy that he is a son of God, the child of perfection, created perfect. He should rejoice that in Truth he lives in a world of beauty.

✿ *This my joy therefore is made full.*—JOHN 3:29.

FEBRUARY 3

Wednesday

MY HEARING IS KEEN AND ALERT, BECAUSE I
AM IN TUNE WITH THE SONG OF LIFE.

IMPAIRED HEARING is often the result of trying to escape the inharmonious element in noise and conversation. Even when we listen to a lecture or a symphony our mind accepts and remembers only the ideas or strains that appeal to our sense of divine harmony.

Rather than close our ears and our mind to that which is dissonant, how much better it would be to listen so well that we could detect the hidden harmony that sings through everything in the universe. This must have been the way in which Jesus listened, because He could immediately discern between the true and the false, and He let nothing untrue or discordant enter His consciousness.

If for any reason your power of hearing has diminished, it can be fully restored. Make yourself vitally interested in everything around you, listen to God's voice as He speaks to you from within and without. As your spiritual perception is quickened your ears are attuned to divine harmony. Then you hear gladly, freely, and perfectly.

✿ *Make me to hear joy and gladness.*—PSALMS 51:8.

Thursday

FEBRUARY 6

I NO LONGER THINK OF MYSELF AS LIVING IN A WORLD OF SIN. IN SPIRIT I LIVE IN HEAVEN AND I SEE MY HEAVENLY WORLD NOW APPEARING.

THE WORLD to us is like our view of it. The reformer sees the world as a place of iniquity. The Hindu sees it as illusion. The practical Christian beholds it in the process of becoming transformed into a heavenly place.

If you think of the world as a place of ugliness, it will be an ugly place to you. If you try to reveal its sins, you will find them multiplying before your sin-seeking eyes. If you think of the world as a den of rascals, you will find it full of them.

This world will become ideal to the extent that you can perceive your higher spiritual ideals as manifest here and now. Men have moved heaven into the future because of their failure to realize that the things that they had hoped for in heaven are right here.

Live in heaven by living in your most exalted thoughts. Keep these higher thoughts and visions and thereby stay in heaven.

✱ *Our citizenship is in heaven.*—PHIL. 3:20.

FEBRUARY 7

Friday

MY MIND IS AT PEACE AS I TRUST IN GOD.

I RELAX mentally and physically, keeping every thought poised in a divine calm. No thoughts of darkness or fear enter my mind, for I am master of every suggestion. This hour is the time for me to rest in peace. As I take care of this time now, tomorrow will take care of itself. I open my heart to receive God's beneficent love and to feel His presence with me.

I draw near to God and abide in His sanctuary. He is my help, my stay, my guide.

My peace is the evidence of God's love, the proof of His power. I love His peace more than all else. No thought of confusion or unrest has any place in my mind. I dismiss all thoughts except those which cause me to rejoice and be glad.

I turn again and again to consider the tender graciousness of my heavenly Father, and I rest in the conviction that He is perfecting all that has to do with me. In the quietness and confidence of this assurance my mind, my thoughts, my emotions, my body, and my world are at peace.

✿ *Commune with your own heart . . . and be still.*
—PSALMS 4:4.

I AM SUSTAINED BY THE SPIRIT OF GOD.

SOMETIMES we are called upon to meet an emergency that taxes our physical strength to the utmost. It helps us then to realize that we are ever sustained and supported by the Spirit of God.

If the demands upon our human strength are greater than we can meet, we need to go at once to the infinite source of exhaustless strength, the Spirit of God. This divine source is within us, and we make contact with it through meditation in our "inner chamber."

In the assurance that His sustaining power is at hand, we silently declare our oneness with the infinite strength and power of God. By our prayer we open the way for His sustaining power to flow into us. No longer are we weak and incapable of further effort; power flows into us in a mighty stream that sweeps all weakness and weariness before it. Our strength is renewed; our courage is renewed; and we go forth able to accomplish all that comes to us this day.

✿ *Cast thy burden upon Jehovah, and he will sustain thee.—PSALMS 55:22.*

How Great Is Your Love?

PATIENCE, tolerance, thoughtfulness, generosity, kindness, courtesy, sincerity, unselfishness, forgiveness, mercy—these and many other everyday virtues are the things out of which love itself is composed. Knowing that love is the fulfilling of the law, we as Truth students seek to be better expressers of love. But in order to be better expressers of love it is necessary for us first to become better expressers of the everyday qualities of love. It is not how much we love that counts the most, but how well we love—especially in our relations with others and in the little things, the disturbing circumstances, the annoying situations, the petty incidents.

It is good for us therefore to take stock of ourselves, to determine for ourselves to which quality of love we need to give greater attention, and to judge for ourselves how well we are living up to Paul's analysis of love:

Love suffereth long, *and* is kind; love envieth not; love vaunteth not itself, is not puffed up, doth not behave itself unseemly, seeketh not its own, is not provoked, taketh not account of evil; rejoiceth not in unrighteousness, but rejoiceth with the truth; beareth all things, believeth all things, hopeth all things, endureth all things. Love never faileth.

Sunday

FEBRUARY 9

THE LOVE OF CHRIST NOW FILLS MY HEART.
HIS LOVE IS SUFFICIENT FOR EVERY DEMAND.

AS I MEDITATE upon the love of Christ within me I feel myself growing in a consciousness of love. To dwell in love always and toward all is to live the true life, is to have life itself. Jesus Christ lived a life of love. I too may live a life of love if I will humbly and faithfully carry out His teachings in thought, word, and deed.

Only the meek and lowly in heart can know the depths of the love of Christ. Therefore I open my heart to Christ, and I no longer think of myself as lacking in love or as unable to meet any situation with love. Conscious of the Christ love, I cannot retain a bad temper, speak harsh words, or exercise misjudgment. I give myself unreservedly to Christ and seek to dwell in love toward all. I know that His love radiating in and through me is sufficient for every demand, adequate for every occasion. His love is mighty to bless, to heal, and to prosper, and I place myself and all that concerns me in His care and keeping.

✿ *Walk in love, even as Christ also loved you.*—EPH. 5:2.

Monday

THE LOVE OF GOD WITHIN ME TRANSFORMS EVERY REBELLIOUS, UNKIND, AND HATEFUL THOUGHT INTO A THOUGHT OF LOVE. I AM LOVING.

LOVE HAS power to change your every adverse thought into one like itself. Love is magical in its action and is a miracle worker. All that is contrary to Truth must yield to love. Every thought based on fear or hate must be dissolved through the power of love.

Have you hateful thoughts? Are you fearful? Then turn in thought to God, divine love. Direct your attention to the innermost point of your being, where God as love is enthroned. Feel that you are standing before this mighty presence, before which no thought or semblance of hate can appear, and that love is being showered upon you.

Know that the Spirit of this presence goes with you wherever you go, that the Spirit of love attends you, causing love to be sensed and recognized wherever you may be. Since God as love is omnipresent, think of love as filling your world. Consciously know that love is all in all.

• *He that loveth not knoweth not God; for God is love.*
—I JOHN 4:8.



Love Eternal

Elizabeth
Barr Haas

I searched the world for eternal love!
Deep in the earth I sought, and high above,
High as my highest-winged thought could
I heard the song of swallows, and the slow
Drip of the rain upon the waking leaves,
Heard singing winds go by above the eaves.

I heard
The slow
Ah, even
Was fine
But each
Admon

Deep in
I heard
Never,
Near to
seek
Your lo



eth
laas

I heard the far-off music of the spheres,
The slow and stately drumbeat of the years:
Ah, everything on earth, below, above
Was filled with the words and music of love!
But each fleeting breeze, proffering its kiss,
Admonished gently, "Look further than this."

above, I heard God's voice whisper: "You are My own!
I could never, ah, never can we be apart
slow Near to Me, dear to Me, child of My heart."
res, I seek no more! Dear God, I might have guessed
leaves. Your love would be the answer to my quest!

Tuesday

FEBRUARY 11

GOD'S LOVE BLESSES ME WITH AN UNDERSTANDING HEART, AND I AM TOLERANT.

GOD, WHO is infinite wisdom and perfect love, ever abides within me. Through my receptivity to His love and wisdom I am freed from every thought of prejudice and intolerance.

I look upon others and their views not according to personal concepts or preconceived ideas but with the larger and more perfect understanding that God reveals. I see that they are following the light that has been given them, even as I am following mine. Although I may not accept their opinions as being wholly true, I maintain an attitude of tolerance and respect toward my fellow men. Each of us in his own way is seeking that which is highest and best. Each of us has discerned some part of the truth.

I let God's love, which is impersonal and all-encompassing, express itself freely through me. Therefore my attitude toward others cannot be other than gracious and friendly. Divine love unifies me with all persons and is manifest in me as harmony, tolerance, and understanding.

✿ *Honor all men. Love the brotherhood.*—I PETER 2:17.

FEBRUARY 12

Wednesday

I DO NOT BELIEVE IN PERSONAL CONDEMNATION. I DO NOT CONDEMN OTHERS, NEITHER AM I CONDEMNED. I REJOICE IN PRAISING THE GOOD.

I FREE MYSELF from all inclination to condemn others or to believe that they can condemn me. I am eternally free from the belief that I am justified in expressing personal condemnation.

I am no longer tempted to criticize my friends, relatives, and associates. I do not think of myself as having any right to look for or find fault in others.

I do not think of anyone as having power to make me unhappy through his criticism of my life. I do not give to anyone the right to condemn what I think, say, or do.

Through Spirit I am not given to finding fault but to discovering the good and the beautiful. Instead of discovering evil I rejoice to find the good and the true. I praise the good that I see in others.

I rejoice to see God's children as He sees them, whole and perfect, manifesting His likeness.

✱ *When he giveth quietness, who then can condemn?*
—JOB 34:29.

Thursday

FEBRUARY 13

I FORGIVE AS MY FATHER FORGIVES, WHOLE-HEARTEDLY AND WITHOUT RESERVATION.

THE PARABLE of the prodigal son is a lesson in forgiveness both in an inner and an outer sense. Even though the prodigal son went to a far country, spent his inheritance in riotous living, and came to want, when he returned to his father's house he was received with open arms and much rejoicing. When we turn to God we too are received with love and understanding and are never judged.

By forgiving ourselves and others we cleanse our heart and mind of all that is unlike God, and we make ourselves ready to receive His love and forgiveness.

In order to be in harmony with divine law and to receive the good that is ours by divine birth-right we must return to the Father's house with an open mind and a forgiving heart. God loves us too much to withhold His blessings from us; they are ready and waiting for us when we are ready to receive them.

✿ *Forgive, and ye shall be forgiven.*—LUKE 6:37 (A. V.).

FEBRUARY 14

Friday

I AM PERFECT LOVE IN EXPRESSION.



GOD, WHO is perfect love, ever abides within the heart of my being. I am daily allowing His love to find rich and free expression in my life. Because I am learning to express divine love, I seek to give even as I receive, joyously and freely. I desire the good of others instead of claiming their favor or personal attention.

I love as God loves. Therefore I am tolerant, understanding, forgiving, kind. My love is no longer limited to those who attract my affection and admiration, for I have enlarged its circle to include all people. Others are quick to respond to my thoughts of good will and approval, and my personal relationships are now rendered happy and harmonious.

Love is the quality that attracts as well as the power that unifies. Because I am expressing divine love I unify myself with God, the true source of all good. Through at-one-ment with Him I attract every blessing that is needful for my happiness and well-being.

♣ *Love is of God; and every one that loveth is begotten of God, and knoweth God.—I JOHN 4:7.*

Saturday

FEBRUARY 15

THE INFOLDING PRESENCE OF GOD'S LOVE IS
MY SAFETY AND PROTECTION.

BECAUSE OF his exalted vision Isaiah clearly perceived that God has been "a stronghold to the needy in his distress, a refuge from the storm." This not only was true in the past for those who sought God's help, but is true now, in this present day.

No matter from what we may seek protection, whether from inharmony, injustice, or hard circumstances, nothing can be so potent a salvation as the presence and power of God's love. To us it may seem that our difficulties can be solved only by some change in people or conditions. Aware of our inability to change them through our human strength, we tend to feel that we are entirely without protection.

Yet we are ever infolded in divine protection. God is indeed our refuge when we realize that we can look to Him to adjust all things and to establish harmony in the midst of turmoil. The ever-present God is greater than any inharmony.

✿ *The Lord also will be a refuge . . . in times of trouble.*—PSALMS 9:9 (A. V.).

GOD IS BLESSING ME HERE, NOW. I RECEIVE
HIS BLESSINGS BY FAITH.

MANY DEVOUT persons will make pilgrimages this year, trying to get special blessings from God. There are many spots that are considered holier than the common run of places: Mecca, Jerusalem, the Ganges, Sainte-Anne-de-Beauprè, even the dwellings of religious leaders of today. No matter what his sect, the pilgrim finds inspiration in going to the place where he believes God to be.

This desire is good, as it leads to this truth: God works for man everywhere with divine, unvarying generosity, but man receives most freely where his faith is greatest. Jesus did not take suppliants into the Temple in order to heal them; He healed them where they were. So does God work today, wherever faith is.

There is no holier place than the spot where we are. All the earth is hallowed because God made it. All His sons are holy men because He made them.

* *The place whereon thou standest is holy ground.*
—EXOD. 3:5.

Monday

FEBRUARY 17

TODAY I AM BORN A NEW BEING IN CHRIST
JESUS.

WITH THE dawning of this new day came new opportunities, new ideas, and new inspiration. There can be no problem too difficult for me to solve, for in Christ I find new courage and wisdom. There can be no work too great for me to do, for I am unlimited in my ability to accomplish things.

I am unfettered and unbound, glorious, triumphant, and free! I am no longer under bondage to old conditions and beliefs. I am radiant with the Christ light, victorious over darkness and negation. I am joyous, for in Christ I rise above negative circumstances and conditions, and find happiness in knowing that there is good in all. I express the love of Christ, and that love shines upon me from the hearts of others. I give, and in turn all that I truly desire is poured forth into my life. I bless all whom I contact and I am bountifully blessed in return. I am one with all that Christ is; I realize this oneness. Today I am born anew!

* *Old things are passed away; behold, they are become new.*—II COR. 5:17.

FEBRUARY 18

Tuesday

I LOOK AT THE WORLD THROUGH THE EYES
OF GOD AND SEE ONLY BRIGHTNESS.

GOD CREATED your eyes as a perfect instrument through which to view the beauties of His world. Do not think of your vision as dull or failing, but know that regardless of age, regardless of apparent handicaps, God's light is shining through.

When you think of yourself as seeing through the eyes of God, the good eyes that God gave you, you see without effort or strain. You behold only perfection and beauty. You look upon life with a clear, discerning mind and see everything from a newer, brighter, and higher viewpoint. Thoughts of inability, weakness, false growth, obstruction, or imperfection of any kind are dissolved from your consciousness and replaced by Truth.

Jesus had the ability to view the sick, the lame, the sinful through the eyes of God and see them whole and redeemed and free. You too can see beyond the appearance of darkness and behold only the good and true. The light of God floods your being, and your vision is clear.

✿ *Blessed are your eyes, for they see.*—MATT. 13:16.

Wednesday

FEBRUARY 19

THROUGH MY AWARENESS OF GOD'S OMNI-
PRESENCE ORDER AND HARMONY ARE MADE
MANIFEST IN MY ENVIRONMENT.

THERE ARE many who feel that they would attain a higher development if their environment were more favorable. Unsatisfactory environment should no longer limit anyone's progress, happiness, or well-being. Each of us has the power to create just the kind of environment he would have.

There is no place where God, who is omnipresent good, is not. There is no person within whom God's presence does not abide. Recognize and give thanks for every manifestation of God's goodness in your environment, no matter how small. Appreciation of manifest blessings will open the way for greater good. Behold that which is worthy and admirable in those about you. Your approval will encourage them to express their best qualities.

Remember that God's presence is with you, helping you to create your ideal environment. God is with you as love that harmonizes and transforms.

✿ *In him we live, and move, and have our being.*
—ACTS 17:28.

Class Thoughts

TO BE USED FROM

February 20 to March 19

These affirmations, known as the Unity class thoughts, are composed by Charles Fillmore for the purpose of providing central ideas upon which Truth students everywhere may concentrate during the month. You are invited to use them with Silent Unity not only at the hours specified but whenever you have opportunity.



At 11 a. m. use this thought for

ILLUMINATION . . . *The light of Thy Spirit constantly illumines me.*

At 12 noon use this thought for

PROSPERITY . . . *In quietness and confidence I behold plenty everywhere as Thy law perpetually works for my prosperity.*

At 9 p. m. use this thought for

HEALING . . . *In quietness and confidence I behold Thy Spirit within restoring me to health and wholeness.*



The lessons on the following three pages are based upon these class thoughts.

Thursday

FEBRUARY 20

THE LIGHT OF THY SPIRIT CONSTANTLY
ILLUMINES ME.

I AM AWARE of Thy Spirit within me, Father, shining at the very center of my being. I cannot therefore be aware of any darkness, any doubt, any indecision. When darkness may seem to be gaining the ascendancy in my life and in the world around me, I pause and turn my attention to the light of Thy Spirit. As I keep my attention fixed on this illumining light, the darkness disappears, and I behold Thy perfection becoming manifest in me, in my loved ones, and in all men.

When doubt and indecision seem to perplex me, I fortify my spirit by uniting it with Thine, and my way is made plain before me. As I meditate on the class statements each day of the month my faith is renewed and I reconsecrate myself wholly to Thee. I thank Thee, Father, for the assurance that Thou art with me, guiding my way and making bright and joyous my path.

*Thy word is a lamp unto my feet,
And light unto my path.*

—PSALMS 119:105.

FEBRUARY 21

Friday

IN QUIETNESS AND CONFIDENCE I BEHOLD
PLENTY EVERYWHERE AS THY LAW PERPETU-
ALLY WORKS FOR MY PROSPERITY.

QUIETLY and confidently, Father, I wait for Thy good to come into expression in my life. Quietly, for I know that a period of quietness is essential each day for the renewal of my spirit. Confidently, for my confidence in Thy loving care is firm and unshakable.

I am assured that Thy will for me is abundance heaped up, pressed down, and running over. I acknowledge that Thy law works perpetually, and that I have only to work in accord with it in order to receive. I behold evidences of plenty everywhere in the world about me, and I am lifted up above all fear of lack or incompleteness in my life. I praise and give thanks to Thee for the abundance with which Thou hast surrounded me and for the knowledge that enables me to appropriate all that I need and desire for a happy, joy-filled, peace-filled life.

* *The work of righteousness shall be peace; and the effect of righteousness, quietness and confidence for ever.—ISA. 32:17.*

Saturday

FEBRUARY 22

IN QUIETNESS AND CONFIDENCE I BEHOLD
THY SPIRIT WITHIN RESTORING ME TO
HEALTH AND WHOLENESS.

NO LONGER do I see my body as mortal, as subject to the ills of the flesh. I see it now, Father, as Thy temple, immortal and divine. All fear of disease and pain is gone as I turn in quietness and confidence to Thee, knowing that Thy Spirit is mightier than error, a tower of strength within me.

I dismiss from my mind every thought of imperfection, and behold Thy Spirit within me restoring me to health and wholeness. I feel Thy life flowing through every nerve and cell of my body, a vitalizing stream that constantly renews every part. With every breath I take I draw upon Thy life, and I am quickened by the breath of Thy Spirit. As I meditate upon thoughts of the life, strength, and vitality that are my divine heritage from Thee, these qualities are incorporated into my body and it becomes constantly more radiantly alive and strong and perfect.

✱ *We looked for peace . . . and for a time of healing.*
—JER. 8:15.

"If Any Man Thirst"

THE SUBLIME goal that every man is seeking to attain is oneness with God in Christ. We are taught in the Scriptures that we are divine beings, "sons of the Most High," beloved of our Father. The living Spirit, the spark of divinity in us, continually impels us to gain the mastery over every human experience and thus eventually to attain the perfect spiritual state that God has prepared for us.

Today the Spirit within us bids us turn in heart and mind to Jesus Christ, the way, the truth, and the life. For by following the path that He has revealed to us in His life and ministry we are to come into our heritage, and walk in "newness of life."

Even as Jesus on the cross cried out, "I thirst," so do we who are seeking the kingdom cry out in passionate sincerity of purpose and devotion, "I thirst!" Yes, we thirst for the life of Spirit, for the assurance of perfect peace, the realization of God's perfect love for us, which will utterly transform us and make our life rich and beautiful. We thirst for the fullness of joy, the freedom from bondage, the infinite abundance, and all the good things that are the fruit of the Spirit. We

thirst for the water of the Spirit, the "well of water springing up unto eternal life," for spiritual growth that is endless, joy filled, continually rising to a higher and more perfect expression of divinity.

Our spiritual progress is conditioned upon our steadfastness and sincerity in prayer. Let us then in the days that are at hand resolve anew to seek the way of spiritual growth that God has prepared for us. Let us enter upon the Lenten season resolved to keep our thought directed continually toward God, toward the divine self that is within us as our very life. Let us pray fervently in the assurance that God's love and care is sustaining us and guiding us as we go forward in His name.

If we are to grow spiritually we must cast off all limiting human ideas of inadequacy, and accept the new elevating experiences that mark our progress in Truth. Our purpose requires us to be strong, courageous, steadfast, patient, humble, loving, and obedient always. Above all we must be constant in prayer and remember always that "the fruit of righteousness is sown in peace."

"One thing *I do*, forgetting the things which are behind, and stretching forward to the things which are before, I press on toward the goal unto the prize of the high calling of God in Christ Jesus."

FEBRUARY 23

Sunday

I TRULY SEEK GOD WITH ALL MY HEART,
SOUL, MIND, AND STRENGTH.

THE EVERLIVING God, my heavenly Father, is the source of my life. He sustains me, He blesses me, He expresses His infinite love through me. In the past I have sometimes felt that my heavenly Father was afar off, but today a still small voice in the depths of my heart bids me be of good cheer, for He is very near to me.

Within my heart a divine flame has been glowing, but faintly, hardly perceived among the dark material thoughts and impressions that I have permitted to accumulate there. At times this holy flame has seemed to waver and to be dim indeed. But it has persisted, and today I see it anew.

There arises in me a burning desire to know more of God and the infinite measure of His love for me. I resolve to follow the command of the apostle James "Draw nigh to God, and he will draw nigh to you." I draw nigh to God by becoming quiet, stilling every thought and letting His holy presence infiltrate into every cell of my being.

✱ *Ye shall seek me, and find me, when ye shall search for me with all your heart.*—JER. 29:13.

Monday

FEBRUARY 24

GOD INSPIRES ME WITH NEW IDEAS, AND I
BEHOLD GREAT POSSIBILITIES IN MY LIFE.

IN THE Book of Job I read: "*There is a spirit in man: and the inspiration of the Almighty giveth them understanding.*" God, the Father Almighty, today inspires me with new ideas concerning my divine origin, my relationship to Him and to His children.

God has purposed that I grow daily in spiritual stature. As I seek with my whole heart to follow out His divine purpose my spiritual understanding increases. I begin to see that I am not a "worm of the dust" but a divine being, filled with God's holy Spirit, and blessed by His love.

Though to mortal sense I am but one of millions of persons dwelling upon this earth, in God's sight I am His perfect child, at one with Him, capable of expressing His perfect Being. Every man or woman, every child of God, has these same divine potentialities. Today I am impelled to let this truth fill me, and become the motivating force in my life.

✿ *The Spirit of God hath made me, and the breath of the Almighty hath given me life.*—JOB 33:4 (A. V.).

Tuesday

THROUGH CHRIST I AM FREE FROM THOUGHTS OF WEAKNESS OR INSUFFICIENCY. I AM A STRONG, POWERFUL SON OF GOD.

ONE OF the most helpful realizations that comes to me as I meditate upon my oneness with God is that I am not weak or insufficient, incapable of meeting my responsibilities. I am a strong, powerful son of God, energized by His power, and capable of performing any task that may be required of me.

Within me there is a spiritual reservoir of strength and power that I can draw upon momentarily. This reservoir is God's divine self in me. Jesus, who became the Christ, the Anointed of God, knew well this source of spiritual strength, and from it He drew the mighty force necessary to overcome the ultimate human problem. In His name I can do likewise.

I believe in God, the Father Almighty, and in Jesus Christ, His holy Son, who has revealed to me the way to surmount every obstacle in my life. In His name I go forward each day.

✱ *Whosoever shall confess that Jesus is the Son of God, God abideth in him, and he in God.*—I JOHN 4:15.

Wednesday

FEBRUARY 26

EAGERLY I SEEK AND THIRST FOR THE RE-
NEWING POWER OF THE HOLY SPIRIT.

MY HEART yearns for the inflow of the divine into my life. My deep desire is for a fuller understanding of life and truth, so that each day I may lay off the old and take on the new.

There is an urge within me toward higher standards of thought and action. I heed this silent urge, knowing that it is the hand of God leading me upward toward the high place of spiritual mastery, spiritual power, spiritual satisfaction.

I thirst for the beauty of holiness, the glory of overcoming, a full grasp of my inherent perfection. I desire above all else to obey the command "Be ye therefore perfect."

Now I know that every blessing needed to make my life complete is assured as I lay hold on the whole Spirit of the Christ. God has promised that His abundance of all good shall be poured out in greater measure than I can receive. He will satisfy my every longing and wipe away every lack.

✿ *Blessed are they that hunger and thirst after righteousness: for they shall be filled.*—MATT. 5:6.

WILLINGLY I GIVE UP MY HUMAN CONCEPTIONS OF JUSTICE SO THAT GOD'S JUST WILL MAY BE DONE.

IN MY daily life I sometimes come upon experiences in which to human sense there is apparent injustice. Perhaps I feel that another is being unjustly treated, or I may consider that I have not received what is rightly mine.

My spiritual growth enables me to realize that in God's great law of justice there is nothing withheld that is due. When I see injustice being done, I am going contrary to Jesus' precept: "Judge not according to the appearance, but judge righteous judgment." Hence I must at once put away the thought of injustice, and know that God's law of justice is exact and unfailing. Under it no one can receive less than is rightly his due.

Today as I look into the deeper things of Spirit I free myself from any human conception of justice that is perforce in conflict with God's will of love and justice. I center my thought upon His holy presence within me, and I know that in His perfect plan perfect justice is done always.

♣ *Not as I will, but as thou wilt.*—MATT. 26:39.

Friday

FEBRUARY 28

MY DESIRE IS TO BE EVER HUMBLE, PATIENT,
AND KIND. THROUGH CHRIST MY DESIRE IS
NOW FULFILLED.

DO THOU cheerfully perform what lieth in thee according to the best of thy power and understanding. . . . For there are many who, when things succeed not well with them, presently become impatient or slothful. For the way of man is not always in his power, but it belongeth unto God. . . . It is seldom the case that they who are wise in their own conceit endure humbly to be governed by others.

Better is it to have but meagre learning with humility and a slender understanding, than great treasures of science with vain self-complacency.

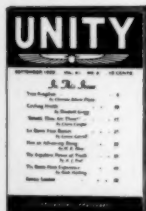
But he hath great merit if he be grounded in true humility and is filled with divine charity, if he be always purely and sincerely seeking God's honor.

Let this be thy whole endeavor . . . that . . . thou mayest with entire simplicity follow Jesus only, and . . . live eternally.—*Thomas à Kempis.*

* *For ye have need of patience, that, having done the will of God, ye may receive the promise.*—HEB. 10:36.

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UNITY SCHOOL OF CHRISTIANITY, KANSAS CITY, MISSOURI

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